

a publication of Lincoln Parks & Recreation

# Compass



Youth  
Sports

Spooktacular

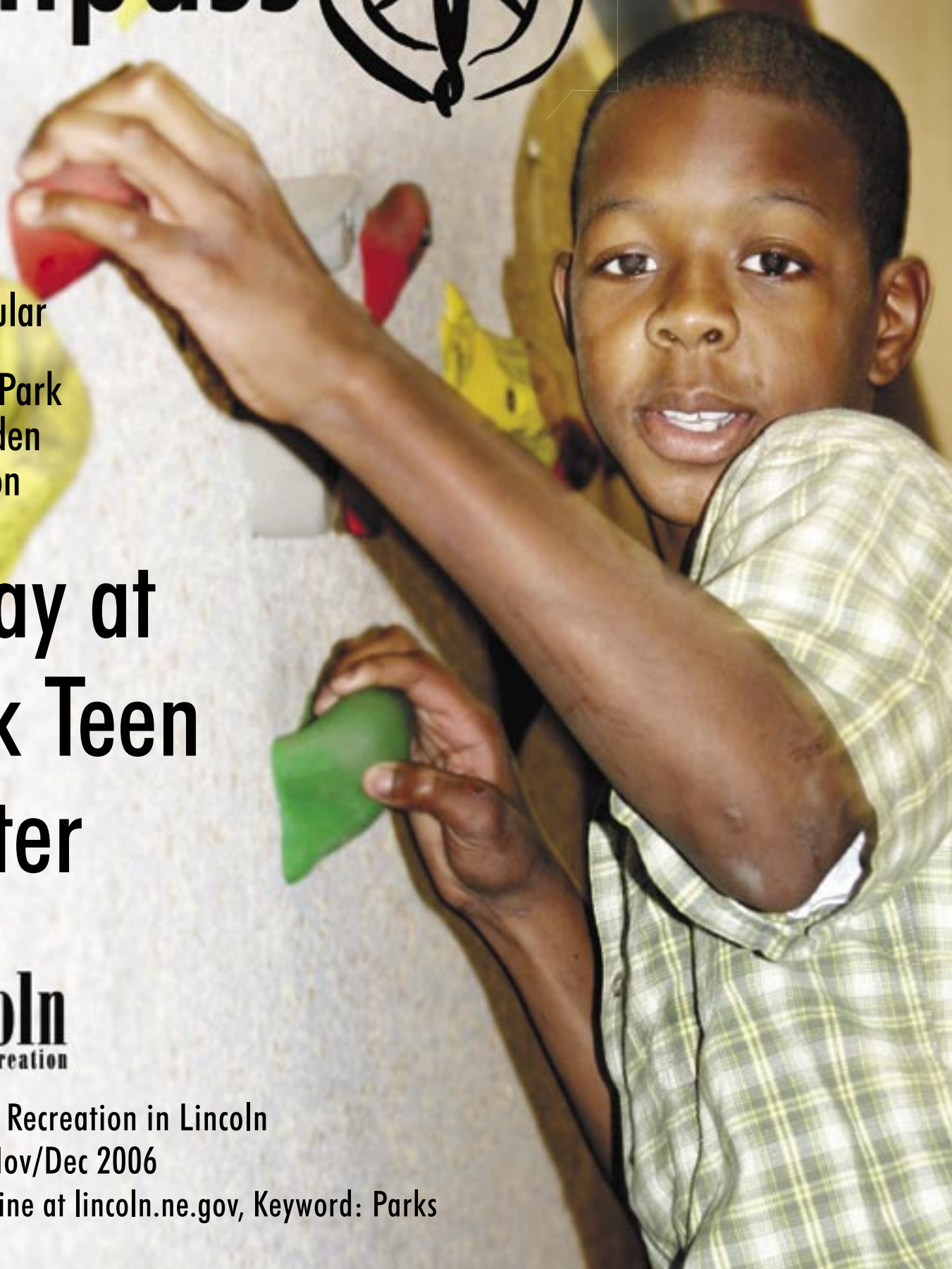
Antelope Park  
Rose Garden  
Renovation

## A Day at Park Teen Center



A Guide to Recreation in Lincoln  
Sept/Oct/Nov/Dec 2006

Visit us online at [lincoln.ne.gov](http://lincoln.ne.gov), Keyword: Parks



# LINCOLN'S Sunken Gardens



Want to honor a friend or loved one while supporting the Sunken Gardens?

## One Flower Forever

For a one-time \$100 donation, one flower will be planted each year, forever, in honor of someone special. Sunken Gardens donors receive a certificate and lapel pin and the honoree's name will be permanently displayed at the Gardens in the interactive kiosk.

## Paving the Path

Two sizes of inscribed bricks are available to be placed in the pathways at Sunken Gardens. The standard brick (5.5"x8") is \$250 and the Foundation Brick (8"x11") is \$750. Both allow for two lines of inscription with 16 characters per line.

For more information, to download forms, or donate online visit [lincolnparks.org](http://lincolnparks.org) or call 441-8258

Both types of gifts build the Sunken Gardens Endowment.

School Break  
Drop-In

Kid's Day  
Off

School Out? Spend the day with Us!

Air Park Recreation Center  
441-7876

Belmont Recreation Center  
441-6789

Easterday Recreation Center  
441-7901

F Street Recreation Center  
441-7901

Irving Recreation Center  
441-7954

Park Teen Center  
441-9471

Pershing Community  
Learning Center  
430-5153





# Thanks For All You Do

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**For details about these boards and councils or to find out how you could become a member:**

**Visit:** [lincoln.ne.gov](http://lincoln.ne.gov)

**Keyword:** Boards

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## On the Cover

Deonte Brown, a 7th Grader at Park Middle School participates in climbing activities during Park Teen Center's summer day program. The installation of a new climbing wall in May of 2006 was a joint effort between Park Teen Center and Park Middle School.



Thursday, Friday, and Saturday  
October 26, 27, and 28  
6:45 - 8 pm starting times

Live Animals, Trail With Skits,  
Campfire, Popcorn and Cider

\$5.00/person, children 3 and under free.  
Pre-registration and pre-payment required.  
Call 441-7895



## Take The Fun Home With You

Rent picnic games and sports equipment from Parks & Rec

Bingo  
Volleyball Sets  
Softball Sets  
Game parachute  
Horseshoes  
Bocce Ball & MORE  
Rental fees are only \$4.00-\$10.00  
per set for four days!

Easterday Center, 6130 Adams  
Irving Center, 2010 Van Dorn

441-7901  
441-7954



## CLASS REGISTRATIONS

Call the program location to register for the classes or programs you are interested in. Class sizes are limited so register early. Payment is due at the first class meeting or on the first sport/program date, unless otherwise indicated. Cancellations will occur if there is an insufficient number of registrants.

## CANCELLATIONS

The Department reserves the right to combine classes/programs as needed or cancel classes or programs due to insufficient enrollment. A full refund will be granted if the Department cancels the program.

## VOLUNTEERING AT PARKS & RECREATION

Whether for high school credit, community services or just because; Parks and Recreation welcomes volunteers. Applications are available at our Main Office at 2740 A Street or available on-line at [lincoln.ne.gov](http://lincoln.ne.gov) keyword: forms. Once the application is returned to us it will be assigned to one of our Divisions or Districts and you will be contacted to set up a potential work schedule.

## RENTALS

### Indoor Facilities

Indoor/Enclosed facilities available for rent are: Antelope, Bethany and Van Dorn Enclosed shelters; all Recreation Centers, the Malinovsky Auditorium at Pioneers Park and some Golf Course Clubhouses. Please call each location to find out more about

their facilities, availability and rental rates. For more information about Indoor/Enclosed Shelter Rentals call (402) 441-8262 or visit: [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: shelter or stop by 2740 A Street, the Lincoln Parks and Recreation Administration Offices for a reservation form.

### Outdoor Facilities

Outdoor Picnic Shelters and Master Table locations are also available to rent. Planning a concert? Rent the Antelope Park Bandshell or the Pioneers Park's Pinewood Bowl.

Call 441-8262 for more information.

### Wedding Locations

There are many park settings available to reserve for your wedding; Pioneers Park Columns, Hazel Abel Park, Stransky Park, Antelope Park Sunken Gardens, Iron Horse Park, Oak Lake Island, or the Rotary Gardens or Bandshell at Antelope Park. For more information visit: [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: weddings, or call 441-8262.

### Refunds

Requests for refunds are subject to a \$15.00 service charge and must be made seven working days prior to the reservation date. NOTE: Rain, cold, heat, or bugs are not an automatic cause for a refund. However, each request/issue will be considered separately after a refund form has been completed.

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## THE PLAYPLACE FOR THE SMALLER CHILD

### CENTER FEES AND HOURS

Adults	\$1.75
Children	\$1.75
Children Under 1	FREE
Punch Cards (24 Visits)	\$36
Socks (for the "sock less" child)	\$1.75

### Open Hours

#### Sept 5 - May 25

Sunday	By Reservation (After Nov. 6 open 1 - 5 pm)
Monday	9:30 am - 5 pm
Tuesday	9:30 am - 5 pm
Wednesday	9:30 am - 7:30 pm
Thursday	9:30 am - 5 pm
Friday	9:30 am - 5 pm
Saturday	9:30 am - 5 pm

Children can slide, crawl, climb and play as hard as they like, fueled by their own curiosity and imagination. Children can explore the maze of tunnels, slides, and ball pits, or ride on a variety of riding toys. **For safety reasons children must be at least 3 years old and no taller than 4 ft. tall to play in the large maze structure.**

We have not forgotten those age 2 and under. We welcome you to bring them to our **Toddler Area**, where they can play almost like the "big" kids, on toys designed for their size and ability. For children over 4 ft. tall we have a Lego® area, board games, and a reading area.

**Socks must be worn by those who play.**

**No outside food or drinks may be brought in the building unless you have a party booked.**

### THE ACTIVE PARTY PLACE

**After Hours Rental** \$60/hour (entire facility)  
**Open House Rental** \$20/hour (each party room)  
**Refunds:** Request for refunds are subject to a \$5.00 service charge. Refund request must be made 72 hours prior to the program date. Bring in your own food and then leave the clean-up to us.  
**NO PINATAS OR CONFETTI**

**Do you operate a licensed daycare or preschool? Call Ager Play Center and arrange your next play date. 441-6788.**

## AGER PLAY CENTER

**LOCATION ADDRESS:** 1300 S. 27th St (02)

**PHONE:** (402) 441-6788

**EMAIL:** agerplaycenter@lincoln.ne.gov

## PROGRAMS

### Music N More

Little ones have been in an environment where they heard the rhythm of a beating heart for the first 9 months of their lives. What better time to introduce music into their lives and to interact with your child to help them gain an appreciation for something that will help their mental, physical, and psychological development.

Ages	Begins	Day	Time	Weeks	Fee
9m-3	9/13	W	9:30-10a	4	\$15
9m-3	9/13	W	11-11:30a	4	\$15
9m-3	10/11	W	9:30-10a	4	\$15
9m-3	10/11	W	11-11:30a	4	\$15
9m-3	11/8	W	9:30-10a	4	\$15
9m-3	11/8	W	11-11:30a	4	\$15
9m-3	9/15	F	9:30-10a	4	\$15
9m-3	9/15	F	11-11:30a	4	\$15
9m-3	10/13	F	9:30-10a	4	\$15
9m-3	10/13	F	11-11:30a	4	\$15
9m-3	11/10	F	9:30-10a	4	\$15
9m-3	11/10	F	11-11:30a	4	\$15

Music is essential in a child's life. This class lets kids express themselves through music and movement as they transform minds and bodies into a world of rhythm and sounds. This class is designed for the child only. If your child would need your company consider the 9m-3y class.

Ages	Begins	Day	Time	Weeks	Fee
3-5	9/13	W	10:15-10:45a	4	\$15
3-5	10/11	W	10:15-10:45a	4	\$15
3-5	11/8	W	10:15-10:45a	4	\$15
3-5	9/15	F	10:15-10:45a	4	\$15
3-5	10/13	F	10:15-10:45a	4	\$15
3-5	11/10	F	10:15-10:45a	4	\$15

**A class fee discount is offered for additional children in the same family.**

### Bits N Pieces

Crafts for preschoolers ages 3-5 years

Ages	Begins	Day	Time	Weeks	Fee
3-5	10/4	R	10:15-10:45a	4	\$15
3-5	11/22	R	10:15-10:45a	4	\$15

### Ager Outings

This is an opportunity for children ages 3-5 and adults to experience different organizations around the community together. Each week we will meet at Ager Play Center to do a craft project or a science project to investigate the different aspects of the organization where the field trip will take place. Children must be accompanied by an adult.

**Sept Field Trip: Pioneers Park Nature Center**

**Oct Field Trip: Weaver's Potato Chip Factory**

**Nov Field Trip:**

**Jan Field Trip: Woods Tennis Center**

The field trip will be the fourth week and will be a time that is convenient for the organization.

Ages	Begins	Day	Time	Weeks	Fee
3-5	9/11	M	10a	4	\$20
3-5	10/2	M	10a	4	\$20
3-5	11/6	M	10a	4	\$20
3-5	1/8	M	10a	4	\$20

# Air Park

## CENTER HOURS

Sunday	Closed
Monday	11:30 am - 8 pm
Tuesday	11:30 am - 8 pm
Wednesday	11:30 am - 5:30 pm
Thursday	11:30 am - 8 pm
Friday	11:30 am - 5:30 pm
Saturday	Closed

Air Park Neighborhood Center is a proud member of the Arnold Heights Community Learning Center. We partner with Arnold Heights School, Cedars Youth Services and Lincoln Housing Authority.

## PROGRAMS FOR ADULTS

### Fit at Heart

Aerobic Classes  
Weight training  
Step training  
Aerobic training  
Meets three days a week

Ages	Begins	Day	Time	Weeks	Fee
16+	Ongoing	T	6:30-7:30p	8	\$50
		R	6:30-7:30p		
		Sa	9-10a		

### Lincoln Boxing Club

\*No cost until sparring and competition. Focus is on fitness, discipline and excellence. Call Cruz at 466-6103 for more information or to sign up.

Ages	Begins	Day	Time	Weeks	Fee
8+	Ongoing	M	6:30-8p	n/a	FREE
		T	6:30-8p	n/a	FREE
		R	6:30-8p	n/a	FREE

### Gym and Fitness

Weight room includes free weights, Nautilus Style Machines, and stationary bike.

Gym	*Free Drop-In
Fitness	\$1/visit
Punch Card	\$10/12 visits

\*Gym is also available for drop-in basketball as well as walking or jogging. (16 laps = 1 Mile)

## PROGRAMS FOR YOUTH

### Before/After School Programs

Our credo is "stronger physically, stronger mentally, stronger character". Kids will spend time on fitness, academics, character and fun. Includes snack.

Ages	Begins	Day	Time	Weeks	Fee
Grades K-6	Ongoing	M-F	7 - 9a	4	\$73/session
Grades K-6	Ongoing	M-F	3:30-5:30p	4	\$80/session

### Kids Day Off

Many Non-School Days during the school year. Call 441-7895 for schedule.

Ages	Begins	Day	Time	Weeks	Fee
Grades K-6	n/a	n/a	7a - 5:30p	n/a	\$15/day



## AIR PARK NEIGHBORHOOD CENTER

**LOCATION ADDRESS:** 3720 NW 46th St (24)

**PHONE:** (402) 441-7876

**EMAIL:** [dkasperek@lincoln.ne.gov](mailto:dkasperek@lincoln.ne.gov)

## CENTER HOURS

Sunday	Rentals Only
Monday	8 am - 4:30 pm
Tuesday	8 am - 4:30 pm
Wednesday	8 am - 4:30 pm
Thursday	8 am - 4:30 pm
Friday	8 am - 4:30 pm
Saturday	Rentals Only

## PROGRAMS FOR ADULTS

### Aerobics Plus

A low impact workout, aimed at improving your cardiovascular conditioning as well as toning and strengthening your muscles. Class includes warm-up, 20-30 minutes of aerobics and strengthening, and ends with muscle stretches. Class runs year-round. Punchcards available for 11 classes (expire after 2 months), or for 35 classes (expire after 6 months).

Ages	Begins	Day	Time	Weeks	Fee
Adult	Ongoing	MWF	9-10a	n/a	Punchcard
<b>55 &amp; Older</b>	<b>11 class punchcard - \$27.50</b>				
	<b>35 class punchcard - \$70</b>				
<b>Under 55</b>	<b>11 class punchcard - \$32.50</b>				
	<b>35 class punchcard - \$75</b>				
<b>Drop-in</b>	<b>\$3.00</b>				

### Ballroom Dance

Dances are held every Tuesday evening at Auld Recreation Center in Antelope Park. Live music provided. Admission is free.

Ages	Begins	Day	Time	Weeks	Fee
55+	Ongoing	T	7-9:30p	n/a	Free

### Ballroom Dance Lessons

Learn ballroom dance in a historic dance facility with a perfect ballroom dance wood floor. Instruction in waltz, fox-trot, swing, and polka. Instructors are Don and Polly Anderson. Call 441-7887 to register.

Ages	Begins	Day	Time	Weeks	Fee
Adult	10/6	F	7-8:30p	6	\$60/couple

**Lincoln Parks & Recreation sponsors the Special Olympics Team—The Lincoln Shooting Stars. This fall, the team will be practicing for competition in bowling, swimming and basketball. Call 441-7877 for further information or to register.**

## ADAPTIVE RECREATION

**For Special Needs Youth & Adults**

### Holiday Ceramics

Participants will paint 2-3 pieces of greenware with the assistance of instructors. Fee includes the cost of project supplies. Call Auld Rec Center at 441-7887 to register. Classes are at Calvert, but sponsored by Auld Rec Center.

Ages	Begins	Day	Time	Weeks	Fee
All	9/23	Sa	9:30-10:45a	2	\$13.50
All	9/23	Sa	11a-12:15p	2	\$13.50
All	10/7	Sa	9:30-10:45a	4	\$25
All	10/7	Sa	11a-12:15p	4	\$25
All	11/4	Sa	9:30-10:45a	3	\$19.25
All	11/4	Sa	11a-12:15p	3	\$19.25
All	12/1	Sa	9:30-10:45a	3	\$19.25
All	12/1	Sa	11a-12:15p	3	\$19.25

### Fun Club

Varied recreational and social activities with additional fees for some activities. Transportation available for an additional fee of \$36 for fall season.

Ages	Begins	Day	Time	Weeks	Fee
Grade School	9/19	T	5-6:20p	12	\$12

### Hi-Time Club

Varied recreational and social activities with additional fees for some activities. Transportation available for an additional fee of \$36 for fall season.

Ages	Begins	Day	Time	Weeks	Fee
Jr/High School	9/18	M	7-8:30p	12	\$12

### Friendship Club

Varied recreational and social activities with additional fees for some activities. Transportation available for an additional fee of \$36 for fall season.

Ages	Begins	Day	Time	Weeks	Fee
22-35	9/21	R	7:30-9p	12	\$12

### Social Club

Varied recreational and social activities with additional fees for some activities. Transportation available for an additional fee of \$36 for fall season.

Ages	Begins	Day	Time	Weeks	Fee
36+	9/20	W	7:30-9p	12	\$12

### Co-ed Bowling League

Teams bowl three games each week following regulation league rules and handicaps. Trophies will be awarded. Held at Hollywood Bowl at 48<sup>th</sup> & X Streets. Call 441-7877

Ages	Begins	Day	Time	Weeks	Fee
17+	9/23	Sa	2-4:30p	11	\$6/week

### Recreational Bowling

This is a year-round drop-in program held at Champion's Fun Center. New participants should call Auld Center at 441-7877 for more information or to register.

Ages	Begins	Day	Time	Weeks	Fee
17+	Ongoing	F	4-5:30p	n/a	\$2/game

## AULD RECREATION CENTER

**LOCATION ADDRESS:** 1650 Memorial Dr (02)

**PHONE:** (402) 441-7877

**EMAIL:** kzingg@lincoln.ne.gov



# Belmont

## CENTER HOURS

Sunday	1 - 5 pm*
Monday	9 am - 7 pm
Tuesday	9 am - 7 pm
Wednesday	9 am - 7 pm
Thursday	9 am - 7 pm
Friday	9 am - 5:30 pm
Saturday	1 - 5 pm*

\*weekend hours begin 9-9-06

## GYM AND FITNESS

### Gym Reservations

Reservations for volleyball courts are available for \$10 and basketball courts are \$8 per 1/2 court for one 55 minute time block, per team, per week. Weekly reservations are taken beginning each Wednesday at 9 am for the following week. **Call Belmont at 441-6789.**

**Basketball, Wednesdays, 6-7:45 pm**

**Basketball, Saturdays, 1-4:40 pm**

**Volleyball, Wednesdays, 6-7:45 pm**

**Volleyball, Sundays, 1-4:40 pm**

### Fees

**Track** \$1.75/Day \$17.50/Month

**Weights** \$1.75/Day \$17.50/Month

**Track/Fitness/Weights** \$3.50/Day

\$35/Mo. or \$200/Year/Per Person

\$50/Mo. or \$300/Year/Per Family

### Track/Fitness Hours

Sunday	1 - 4:45 pm
Monday	7 am - 7:45 pm
Tuesday	7 am - 7:45 pm
Wednesday	7 am - 7:45 pm
Thursday	7 am - 7:45 pm
Friday	7 am - 5:15 pm
Saturday	9 am - 4:45 pm

### Weight and Fitness Equipment

Universal Fit Step Stair Climbers; Concept II Rowing Machines, Schwinn Air-Dyne Bikes, Nordic Track, Sports Art Treadmill, Universal Weight Machine.

### Track

Belmont has an elevated track which is available to use from 7 am - 7:45 pm. Fee required.

### 500 Mile Club

Get the family together at Belmont to get fit. Complete 500 miles of walking, jogging, bicycling, stair stepping, rowing or any combination during a 12 month period at the Belmont Recreation Center and receive a program T-shirt. Record keeping cards available at the front desk.

**Weekends are Free at Belmont!**

**Saturdays and Sundays from 1 to 5 pm, we're open to all ages!**

**\*The gym may not be available.**

## PROGRAMS FOR ADULTS

### Yoga For Your Type

In this workshop-type setting you will learn which personal practice is best for you. Please bring a pillow, blanket and towel. Call 441-7575 to register.

Ages	Begins	Day	Time	Weeks	Fee
60+	9/14	R	10-11:30a	8	\$45
60+	11/2	R	10-11:30a	8	\$45

## PROGRAMS FOR YOUTH

### Teen Treks

A special program just for Middle-Schoolers which features different activities and trips from the areas of sports, leisure, art, music, dance and theater.

**Grades 6-8**

**6 - 8 pm**

**Schedule of Events:**

9/22 Welcome Back BBQ

10/20 3-on-3 Bounce Volleyball

11/17 Movie Night

12/15 Winter Party

**Remember: bring your school ID or report card to every event. Call the center for more details.**

### Before/After School Program

Kids will spend time on fitness, academics, character and fun. Includes snack.

Ages	Begins	Day	Time	Weeks	Fee
Grades K-6	Ongoing	M-F	6:30-8a	4	\$73/session
Grades K-6	Ongoing	M-F	2:55-5:30p	4	\$80/session

### Kids Day Off

Many Non-School Days during the school year. Call 441-7895 for schedule or to register. \$5 registration deposit per child per day or \$10/week

Ages	Begins	Day	Time	Weeks	Fee
Grades K-6	n/a	n/a	7a - 5:30p	n/a	\$20/day \$70/week

## PROGRAMS FOR ALL AGES

### Table Tennis Challenge

Players of all levels are encouraged to join. Handicaps are used to even out play. You may use Parks & Rec. equipment. Sandpaper paddles are not allowed. Everyone may compete in singles and doubles competition. The number of divisions will depend on the number of participants. Elementary kids must be accompanied by an adult.

Ages	Begins	Day	Time	Weeks	Fee
All	9/10	Su	5-10p	Ongoing	\$3/night or \$30/13wks

## BELMONT RECREATION CENTER

**LOCATION ADDRESS:** 1234 Judson St (21)

**PHONE:** (402) 441-6789

**EMAIL:** jgerlach@lincoln.ne.gov

## CENTER HOURS

	Thru 10/6	Beginning 10/7
Sunday	Closed	1 - 5 pm
Monday	8 am - 6 pm	8 am - 8 pm
Tuesday	8 am - 6 pm	8 am - 8 pm
Wednesday	8 am - 6 pm	8 am - 8 pm
Thursday	8 am - 6 pm	8 am - 8 pm
Friday	8 am - 6 pm	8 am - 6 pm
Saturday	Closed	9 am - 5 pm

## GYM AND FITNESS

### Gym Reservations

All reservation times are 55 minutes long.

Call Calvert at 441-8480.

### Basketball

#### Thru 10/6

Mon/Tue/Thur 5:00 pm

#### After 11/3

Mon/Thur 5:00 pm

Tue 5:00 pm, 5:55 pm, 6:55 pm

Sat 1:00 pm, 1:55 pm, 2:50 pm, 3:45 pm

### Volleyball

#### Thru 11/3

Wed 5:00 pm

#### After 11/3

Wed 5:00 pm

Sun 1:00 pm, 1:55 pm, 2:50 pm, 3:45 pm

### Walk Laps In Our Gym

Mon - Fri, 8:15 am - 2:45 pm

Free

## PROGRAMS FOR FAMILIES

Pre-Registration Required. Fee paid day of event.

### Neighborhood Walk Rally

Family works together using clues to walk to neighborhood locations for markers. A time contest with prizes. Walk will take less than an hour then finish off by making ice cream sundaes at the center.

Ages	Begins	Day	Time	Weeks	Fee
All	9/24	Su	1-3p	1	\$5

### Pumpkin Party

Families bring their own pumpkins to carve or paint. We'll provide ideas, tools and paints to help you carve or paint your masterpiece. We'll also help you roast the seeds.

Ages	Begins	Day	Time	Weeks	Fee
All	10/22	Su	1-3p	1	\$5

## CALVERT RECREATION CENTER

**LOCATION ADDRESS:** 4500 Stockwell St (06)

**PHONE:** (402) 441-8480

**EMAIL:** rjones@lincoln.ne.gov

## Games Gone Wild

When was the last time the family played together? Pool, bumper pool, foosball, pingpong and table shuffleboard (instructors available). Board games galore! Shoot around in the gym or play knockout or hot shot.

Ages	Begins	Day	Time	Weeks	Fee
All	11/12	Su	1-3p	1	\$5

## Games Gone Wild

We will provide the 6x7" cardboard house, frosting, and lots of decorations (or bring some of your own).

Ages	Begins	Day	Time	Weeks	Fee
All	12/10	Su	1-3p	1	\$10

## Ballet One

Learn basic positions and movements. Work on balance and coordination. Ballet slippers recommended.

Ages	Begins	Day	Time	Weeks	Fee
3 <sup>1/2</sup> - 5	9/16	Sa	9-9:30a	6	\$14
3 <sup>1/2</sup> - 5	9/16	Sa	9:45-10:15a	6	\$14
3 <sup>1/2</sup> - 5	11/4	Sa	9-9:30a	6	\$14
3 <sup>1/2</sup> - 5	11/4	Sa	9:45-10:15a	6	\$14

## Ballet Two

A continuation of Ballet One with added movements and skills.

Ages	Begins	Day	Time	Weeks	Fee
3 <sup>1/2</sup> - 5	9/16	Sa	10:30-11a	6	\$14
3 <sup>1/2</sup> - 5	11/4	Sa	10:30-11a	6	\$14

## Jr. Jams

Jam with your child to some great music! This interactive class consists of movement activities and simple dance moves for you and your child.

Ages	Begins	Day	Time	Weeks	Fee
1 <sup>1/2</sup> - 4	10/4	W	10:30-11a	4	\$8

## Scout Badges

Troop leaders call to arrange a class with the instructor. Supplies included. Class completion qualifies for a badge. Non-scouts are also welcome.

Ceramics and Clay, Meets Twice, \$12/person

Jewelry, Meets Once, \$11/person

## PROGRAMS FOR ADULTS

### Ceramics

Learn the basics, cleaning greenware, glazing, staining, lustering, dry brushing and decals. Fee includes firing fee.

Participants purchase their own supplies. Minimum start up cost is approximately \$20.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/11	M	6:30-8:30p	3	\$18
18+	10/9	M	6:30-8:30p	4	\$24
18+	11/6	M	6:30-8:30p	4	\$24
18+	12/4	M	6:30-8:30p	3	\$18

## Beginning Irish Social Dancing

Learn beginning Irish steps and dances. Will include Irish squares and figures. Class is both fun and aerobic. Wear comfortable clothes and shoes. Call LuAnne at 475-8673 for information and 441-8480 to register.

Ages	Begins	Day	Time	Weeks	Fee
10+	9/21	R	6:15-7:15p	6	\$18
10+	11/2	R	6:15-7:15p	6	\$18

# Easterday

## CENTER HOURS

Sunday	Closed
Monday	8 am - 6 pm
Tuesday	8 am - 6 pm
Wednesday	8 am - 6 pm
Thursday	8 am - 6 pm
Friday	8 am - 6 pm
Saturday	Closed
November 1 - March 30 open Monday - Thursday until 9 pm	

## GYM AND FITNESS

### Gym Reservations

(Nov 1 - Mar 30)

Weekly reservations are taken beginning each Wednesday at 9 am for the following week.

**Tue - Thu, 6 - 9 pm**

**\$10 - 55 minute time block**

### Open Gym

**Adults**

**Mon - Fri, 8 am - 3 pm**

**\$1/day**

**(Nov 1 - Mar 30): Monday, 6 - 9 pm**

### Weight Room

Our NEW Cage System offers a weight training package to satisfy any lifter with lofty goals! Smith Linear System, Upper and Lower Cables, Pec Dec, Squats, Preacher Curls, Leg Extension/Leg Curl, and Multi-Position Benches and Free Weights. Cardio area includes recumbent bike and new treadmill.

**Adults 15+**

**Mon - Fri, 8 am - 6 pm**

**Nov 1 - Mar 30: open until 9 pm**

**\$1.50/day or \$15 for a 12 use punch card**

### Weight Lifting Clinics

Intimidated by weight rooms, but want to learn the basics? Weight rooms can look scary and threatening if you have little or no background in the basics of weight training! The benefits far exceed any fear or apprehension if you just have some basic information: Learn how to set up a program, proper lifting techniques, and the correct amount of weight to lift to achieve your goals. Time will be included to answer your specific questions and concerns. Wear comfortable clothes that allow you to move easily and tennis shoes.

**Limited to small groups, so call 441-7901 to register today!**

Ages	Begins	Day	Time	Weeks	Fee
15+	9/12	T	9-11a	1	\$18
15+	9/21	R	6:30-8:30p	1	\$18
15+	10/10	T	9-11a	1	\$18
15+	10/24	T	6:30-8:30p	1	\$18
15+	11/8	W	9-11a	1	\$18
15+	11/28	T	6:30-8:30p	1	\$18
15+	12/7	R	9-11a	1	\$18

## GAME ROOM

**Mon - Fri 8 am - 3 pm**

**Adults Only, Nov 1 - Mar 30: Mon - Thur 6 pm - 9 pm**

**Free**

Elementary aged youth must be supervised by an adult after 6 pm

## RENTAL EQUIPMENT

**Easterday Recreation Center has bingo, horseshoes, tug of war rope, gunny sacks, croquet, bocce, badminton, target games, volleyball and more available for rent! Call 441-7901 for details!**

## GREAT FOR RENTALS!

**Need a location to throw a birthday party, hold a family reunion, holiday get together, club or business meeting, social event, dance or team practice? We are available to RENT!**

## ADAPTIVE RECREATION

### Adult Day Structure Program

See page 27 for more details.

## PROGRAMS FOR ADULTS

### Ceramics

Learn the basics: cleaning greenware, glazing, staining, lustering, dry brushing and decals. Fee includes firing. Participants purchase own supplies, approximately \$20.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/6	W	9:30-11:30a	4	\$24
18+	10/4	W	9:30-11:30a	4	\$24
18+	11/1	W	9:30-11:30a	5	\$30
18+	12/6	W	9:30-11:30a	4	\$24

### Digital Photography

Class will include understanding your digital camera, techniques and composition. Bring your camera!

Ages	Begins	Day	Time	Weeks	Fee
18+	10/25	W	6:30-8:30p	3	\$18
18+	11/29	W	6:30-8:30p	3	\$18

### Senior Fitness Testing

Improve the quality of your life through physical assessment. This is an easy way for adults 60+ to learn about their fitness level and areas that may need improvement. A series of simple tests are used to measure flexibility, endurance, agility, balance, and upper and lower body strength. Call 441-7901 to register.

Ages	Begins	Day	Time	Weeks	Fee
60+	9/27	W	9-11a	1	Free

## EASTERDAY RECREATION CENTER

**LOCATION ADDRESS:** 6130 Adams St (07)

**PHONE:** (402) 441-7901

**EMAIL:** cmeyerhoff@lincoln.ne.gov

## PROGRAMS FOR YOUTH

### After School Program

Our after school program offers your son or daughter in kindergarten through 5th grades great opportunities for fun, safe, and supervised activities from school dismissal (2:53 to 5:30 pm). For an additional \$5/session activities are available until 6 pm.

### Ballet One

Class members will learn basic ballet steps as they work on balance, movement to music, and coordination. Ballet slippers, comfortable clothing and ballet attire recommended

Ages	Begins	Day	Time	Weeks	Fee
3 <sup>1/2</sup> -5	9/16	Sa	10-10:45a	8	\$18

### Ballet Two

A continuation of Ballet One with a progression of movements, steps and general skill development.

Ages	Begins	Day	Time	Weeks	Fee
5-9	9/16	Sa	10:45-11:45a	8	\$24

### Jazz and Cheer

Class members will learn basic jazz steps and cheerleading moves and techniques while working on balance, movement and coordination. Comfortable clothing and athletic shoes recommended.

Ages	Begins	Day	Time	Weeks	Fee
5-9	9/16	Sa	9-10a	8	\$24



## F Street

## CENTER HOURS

Sunday	1 pm - 6 pm
Monday	8 am - 9 pm
Tuesday	8 am - 9 pm
Wednesday	8 am - 9 pm
Thursday	8 am - 9 pm
Friday	8 am - 9 pm
Saturday	9 am - 5 pm

## GYM AND FITNESS

### Track

**Mon - Fri 8 am - 8:45 pm**

**Sat 9 am - 4:45 pm**

**Sun 1 - 5:45 pm**

Use the track or weights for \$1.75/day or \$3.50 for both. Monthly passes are \$17.50 for either or \$35 for both. An annual pass costs \$200/person or \$300/family. Showers and lockers available. Bring your own towel and lock.

### Adult Basketball Hours

**Mon - Fri 8 am - 3 pm**

**Mon - Thu 5 - 7 pm**

**Sat 9 am - 1 pm**

**Sun 2 - 4 pm**

**\$1 Daily Fee**

### Weight and Fitness Equipment

Free weights, treadmills, stair climbers, exercise bikes, elliptical machines.

### Volleyball Courts

55 minute court reservations taken each Wednesday at 9 am for the next week.

\$10/court

**Fri 6 - 9 pm**

**Sat 3 - 5 pm**

## PROGRAMS FOR ADULTS

### Fun and Free Activities for Older

#### Adults

**Pitch, Mon/Wed 8 am - 3 pm**

**Pinochle, Fri 8 am - 3 pm**

**Choir, Mon 9 - 10:30 am**

**Billiards, Mon - Fri 8 am - 3 pm (tournament on Tuesdays)**

### Senior Striders Walking Club

What is the best exercise you can do? Walking! Walk one or two days. Great exercise, great fellowship.

Ages	Begins	Day	Time	Weeks	Fee
55+	Ongoing	W/R	9-10:30a	n/a	\$15/qtr

### Beginning Spanish

The focus of this class is to teach the beginner. Workbooks required, purchase for \$18.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/20	W	5:45-7:15p	8	\$36



# F Street

## Intermediate Spanish

A follow-up to Beginning Spanish. Expand your conversational and writing skills. Workbooks required; purchase for \$18.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/20	W	7:15-8:45p	8	\$36

## Jujitsu

An ancient Japanese art devised by the samurai for hand-to-hand combat. It utilizes the full spectrum of techniques in bringing about a safe and hasty cessation to conflict.

Ages	Begins	Day	Time	Weeks	Fee
12+	9/19	T	6:45-7:45p	8	\$24
12+	9/21	R	6:45-7:45p	8	\$24
12+	11/14	T	6:45-7:45p	8	\$24
12+	11/16	R	6:45-7:45p	8	\$24

## Judo "The Gentle Way"

A Japanese martial art in which opponents use balance and body weight to off-balance, throw, and pin their opponent.

Ages	Begins	Day	Time	Weeks	Fee
12+	9/18	M	6-7p	12	\$24
12+	9/20	W	6-7p	12	\$24
12+	11/13	M	6-7p	12	\$24
12+	11/15	W	6-7p	12	\$24

## Taekwondo "The Way of the Hand and the Foot"

The ancient Korean art of self-defense. Designed for hand-to-hand combat, Taekwondo has developed over the centuries in a fiercely efficient method of self defense.

Ages	Begins	Day	Time	Weeks	Fee
12+	9/19	T	7:45-8:45p	8	\$24
12+	9/21	R	7:45-8:45p	8	\$24
12+	11/14	T	7:45-8:45p	8	\$24
12+	11/16	R	7:45-8:45p	8	\$24

## Cooking for Two

Come learn the tips and tricks to prepare healthy and delicious meals for two people. Additional supply fee of \$20.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/19	T	2:30p	4	\$18

## PROGRAMS FOR YOUTH

### Ballet

Basic Ballet steps, balance and coordination. It's recommended that participants wear ballet slippers.

Ages	Begins	Day	Time	Weeks	Fee
3 <sup>1/2</sup> -5	9/23	Sa	10:30-11:15a	8	\$18
5-9	9/23	Sa	11:30a-12:15p	8	\$18

### Beginning Taekwondo

Focuses on self-defense through stretching, accuracy, and cardiovascular training. Provides a sense of honor, integrity and respect for elders/supeiors, perseverance and self-control.

Ages	Begins	Day	Time	Weeks	Fee
5-12	9/17	Su	3-4p	8	\$24
5-12	11/12	Su	3-4p	8	\$24

## Intermediate Taekwondo

Focuses on self-defense through stretching, accuracy, and cardiovascular training. Provides a sense of honor, integrity and respect for elders/supeiors, perseverance and self-control.

Ages	Begins	Day	Time	Weeks	Fee
5-12	9/17	Su	2-3p	8	\$24
5-12	11/12	Su	2-3p	8	\$24

## Children's Cooking Experience

Your child will learn cooking basics and kitchen safety with an emphasis on fun.

Ages	Begins	Day	Time	Weeks	Fee
8-11	10/30	M-F	1-2p	1	\$15

\*LPS is not in session

## Kids Day Off

This is a supervised play day for when kids are not in school during select times. Activities include: games, crafts, field trips, and more. Children should bring a sack lunch and wear tennis shoes. An afternoon snack is provided. Registration deposit required. Discounts available. Dates: 10/9, 10/30, 11/1, 11/3, 11/27, 11/28.



## "F" STREET COMMUNITY CENTER

**LOCATION ADDRESS:** 1225 F St (08)

**PHONE:** (402) 441-7951

**EMAIL:** dskorupa@lincoln.ne.gov

## CENTER HOURS

Sunday	Closed
Monday	9 am - 8 pm
Tuesday	9 am - 8 pm
Wednesday	9 am - 8 pm
Thursday	9 am - 8 pm
Friday	9 am - 5 pm
Saturday	1 pm - 5 pm (beginning 11/4)

## GYM AND FITNESS

### Gym Reservation

Volleyball courts are available for \$10, basketball half courts for \$8, and full courts for \$16 for 55 minutes. Weekly reservations are taken beginning each Wednesday at 9 am for the following week.

#### Basketball

Monday, Tuesday, Thursday, 6-7:50 pm

Saturday, 1-4:40 pm

#### Volleyball

Wednesday, 6-7:50 pm

### Weight and Fitness Equipment

Universal weight machine, Air Dyne exercise bikes, rowing machine.

Monday-Thursday, 5-7:45 pm

Saturday, 1-4:45 pm

Single day use is only \$1 or a 12 use punchcard is available for \$10 to the fitness/weight facilities.

## PROGRAMS FOR ADULTS

### China Painting

A class for amateurs and experienced painters alike. The class sessions have a theme, but students may also select individual projects. Bring a shoebox for storing supplies. \*Other supplies provided by the Center are approximately \$20. Taught by Peg Pelter.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/13	W	12:30-2:30p	6	\$36*
18+	9/13	W	7-9p	6	\$36*
18+	11/1	W	12:30-2:30p	6	\$36*
18+	11/1	W	7-9p	6	\$36*

## PROGRAMS FOR YOUTH

### Cook N Book

Cooking activities will bring to life the thrill of reading. Preschoolers have the opportunity to learn basic cooking skills and have fun at the same time. Each class features an exciting storybook centered activity.

Ages	Begins	Day	Time	Weeks	Fee
3 <sup>1/2</sup> -7	9/9	Sa	11a-12p	4	\$12
3 <sup>1/2</sup> -7	10/7	Sa	11a-12p	4	\$12
3 <sup>1/2</sup> -7	11/4	Sa	11a-12p	4	\$12

### Grandma's Pocket

Activities include free play, learning to count, coloring, simple crafts, sidewalk chalk, blowing bubbles, playing in the park, using playdough and snack time. This program offers play activities for you and your child and encourages your child to interact with other children. Parents are expected to stay with their child. Class meets twice each week for three weeks.

Ages	Begins	Day	Time	Weeks	Fee
20m-4y	9/11	M/F	9:30-11a	3	\$27
20m-4y	9/12	T/R	9:30-11a	3	\$27
20m-4y	10/2	M/F	9:30-11a	3	\$27
20m-4y	10/3	T/R	9:30-11a	3	\$27
20m-4y	10/23	M/F	9:30-11a	3	\$27
20m-4y	10/24	T/R	9:30-11a	3	\$27
20m-4y	11/13	M/F	9:30-11a	3	\$27
20m-4y	11/14	T/R	9:30-11a	3	\$27
20m-4y	12/4	M/F	9:30-11a	3	\$27
20m-4y	12/5	T/R	9:30-11a	3	\$27

### Teen Center

During the school year, the Center is available exclusively for middle school students from school dismissal time until 5 pm. There is a \$1 daily fee until 4:30 pm Monday through Friday. Reduced rate punch cards are available. Admission is not charged after 4:30 pm or on Saturdays. The Teen Center includes pool tables, ping pong, foosball, video games, lounge areas, a homework room and TV area. A variety of organized activities and events are planned each week with help from a Student Advisory Board. The Center provides a safe supervised environment and a place for teens to be involved in positive activities.

**Irving Recreation Center has bingo, horseshoes, tug of war rope, gunny sacks, croquet, bocce, badminton, volleyball and more available for rent! Call 441-7954 for details!**

**Evenings and weekends are free at Irving! Join us 4:30 - 8 pm Monday through Thursday, and 1:00 - 5:00 pm on Saturday when we are open free of charge to all ages! On Saturdays, one court in the gym is open for those 18 and younger.**

## IRVING RECREATION CENTER

**LOCATION ADDRESS:** 2010 Van Dorn (02)

**PHONE:** (402) 441-7954

**EMAIL:** bbeaver@lincoln.ne.gov



# Park

## CENTER HOURS

Sunday	Closed
Monday	7 am - 5 pm
Tuesday	7 am - 5 pm
Wednesday	7 am - 5 pm
Thursday	7 am - 5 pm
Friday	7 am - 5 pm
Saturday	Closed

## FACILITY RENTALS

Reserve Park Teen Center for your next birthday party, youth group meeting, social event or club.

## PROGRAMS FOR YOUTH

### Family 8-Ball League

Doubles, coed round robin league. Trophies awarded for first, second and third place. Registration deadling 9/21. Teams will consist of youth and an adult relative or guardian.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	9/28	R	7-9p	8	\$24/team

### Park Underground

"Park Underground" Open Mic Coffee House features slam poetry, DJ's, acoustic music, coffee, food, artists and more. Young artists are also encouraged to submit work to Park Gallery Underground. All mediums are considered. Exhibits change monthly.

Ages	Begins	Day	Time	Weeks	Fee
Grades 8-12	Ongoing	F	7-8:30p	*n/a	\$1/night

\*meets the last Friday of every month

### Red, White and Green!

Scientists have reached a consensus that humankind is contribution to the warming of Earth's climate. Are you concerned about global climate change? This youth-led group is pursuing a national grant to do something about it.

Ages	Begins	Day	Time	Weeks	Fee
15-18	9/12	T	7-8p	Ongoing	Free

### School Break Drop-in

Drop-in hours offer young people in grades 6-8 the opportunity to socialize and have fun in a safe, positive, supervised environment and to constructively use time on days off from school. Participants are allowed to make use of all the facility has to offer: computer lab, pool tables, foosball, board games, video game systems, lounge areas and vending machines. Hours are from 1-5 pm and the cost is \$1/day. Dates: 10/30, 11/1, 11/2, 11/3, 12/26, 12/27, 12/28, 12/29, 1/2.

### Monster Bash

Our Monster Bash is an old-school Halloween party with a costume contest, music, snacks and games all afternoon long.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	10/31	T	1-5p	n/a	\$3

### Fall Fest

Want to do more than just sit alone at home and watch TV during Fall Break? If so, PTC is the place to be. We have plenty of hot cider and a week full of fun fall-themed activities planned. Bring a sack lunch. Monster Bash is included. Registration deadline 10/15.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	10/30	M-F	8a-6p	1	\$35

## The Real World: Career and Life Explorers

Get a life! This program is designed to be entertaining with games, fun scenarios and challenges to engage middle school students in activities that encourage them to think about the future and explore their options. Topics will include talents/interests, careers, money management and expenses associated with living in the "real world." Registration deadline 12/9.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	1/2	T	9a-1p	n/a	Free

### Winter Madness

Don't let your winter break be cold and boring. Join us for this four-day organized recreation program including winter-themed activities. Come thirsty for hot cocoa and dressed for sledding and snow fort building! Bring a sack lunch. Registration deadline 12/12.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	12/26	T-F	8a-6p	1	\$28

### The Art of Bonsai

Bonsai is a millennia-old art form and horticultural practice that requires time, patience, skill and endurance. Join us as we uncover the history, artistry, common styles, techniques and care of bonsai. Fee includes one tree. Registration deadline 10/20.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	11/4	Sa	1-3p	2	\$40

### Autumn Fishing Adventure

Join us for this angling clinic and test your skills in the field. Meet at Park Teen Center. Transportation will be provided to and from Wagon Train SRA. Hot dog lunch included. Registration deadline 10/6.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	10/14	Sa	9a-1p	n/a	\$12

### Family Book Club

FBC encourages families to read together and turns reading chapter books from a solitary pursuit to an interactive experience. Middle school participants, with an adult relative or guardian, will read at home and families meet weekly to discuss the week's reading and enjoy free snacks. Books provided. Registration deadline 9/25. First session book will be *Hoot* by Carl Hiassen, second will be members' choice.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	10/2	M	7-7:45p	4	Free
Grades 6-8	11/6	M	7-7:45p	4	Free

### Jewelry Arts

Projects will include Native American beadwork, macramé (including homemade clay beads) and friendship bracelets. Fee includes project supplies. Registration deadline 9/27.

Ages	Begins	Day	Time	Weeks	Fee
Grades 6-8	10/4	W	7-8p	3	\$15

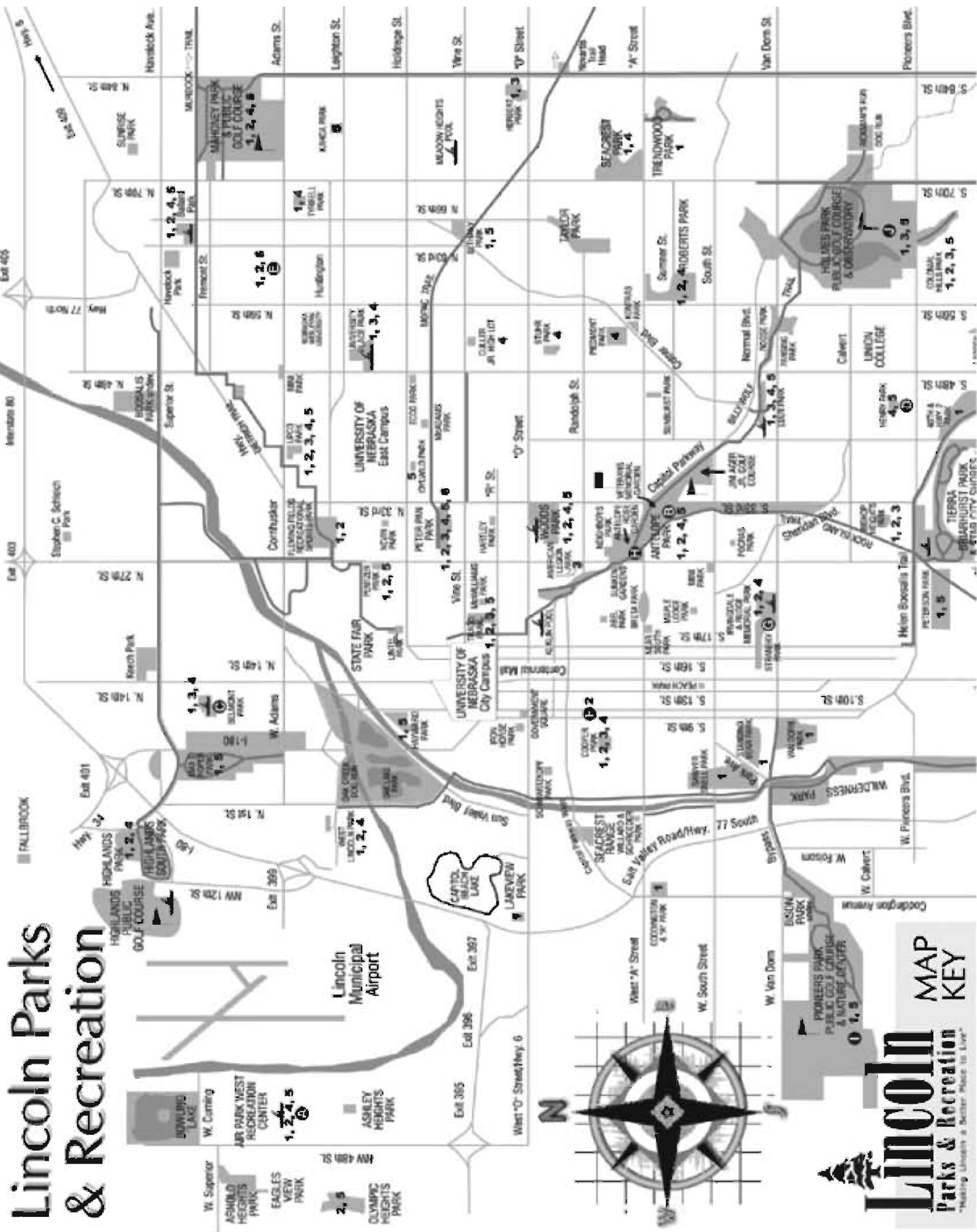
## PARK TEEN CENTER

**LOCATION ADDRESS:** 855 S. 8th St (08)

**PHONE:** (402) 441-9471

**EMAIL:** dpayzant@lincoln.ne.gov

# Lincoln Parks & Recreation



## Parks & Recreation

### MAP KEY



## RECREATION

### CENTERS/FACILITIES

- ④ Air Park - 3720 N.W. 46th
- ⑤ Auld - 3140 Summer
- ⑥ Belmont - 1234 Judson
- ⑦ Calvert - 4500 Stockwell
- ⑧ Easterday - 6130 Adams
- ⑨ "F" Street - 1225 "F" Street
- ⑩ Irving - 2010 Van Dom
- ⑪ Indoor Play Center - 1300 South 27th

- ⑫ Pioneers Park Nature Center 3201 South Coddington

- ⑬ Hyde Observatory - Holmes Park

### SPORTS FIELD/COURTS

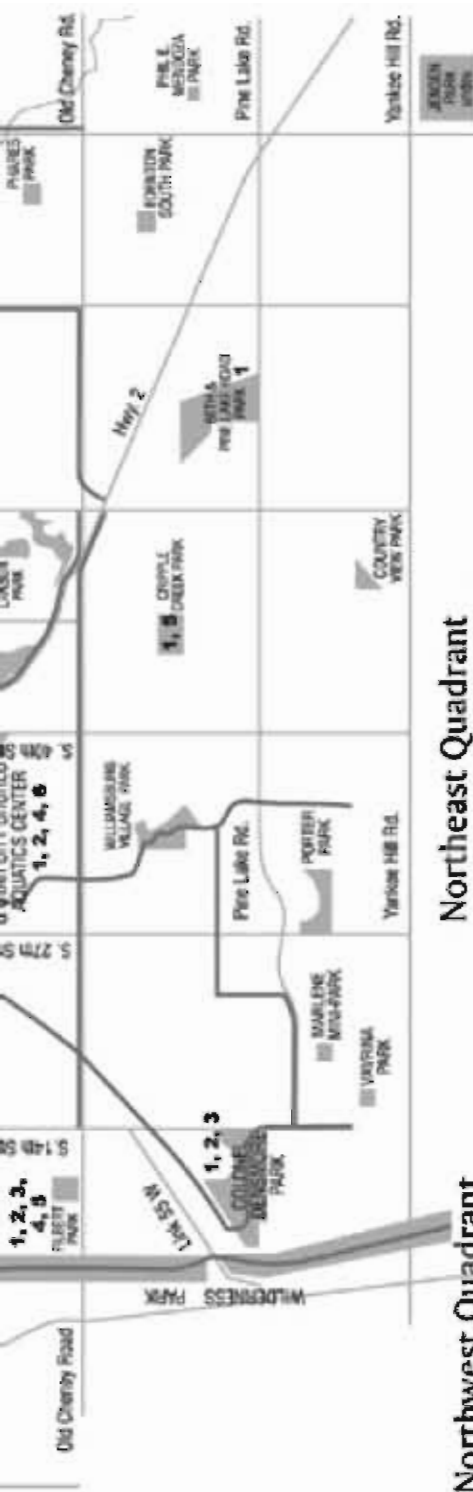
- 1 Ballfield
- 2 Basketball
- 3 Horseshoe
- 4 Tennis
- 5 Volleyball
- 6 Skate Park

### GOLF COURSES

- Ager Memorial Jr. - 3761 Normal Blvd. 441-8963
- Highlands - 5501 N.W. 12th 441-6081
- Holmes - 3701 S. 70th 441-8960
- Mahoney - 7900 Adams 441-8969
- Pioneers - 3403 W. Van Dom 441-8986

### SWIMMING POOLS

- Air Park - 4000 N.W. 46th
- Ballard - 3901 N. 66th
- Belmont - 12th & Manatt
- Eden - 4400 Antelope Creek Rd. 441-8960
- Highlands - 5511 NW 12th St.
- Irvingdale - 1900 Van Dom
- Kuklin - 2305 "N"
- Meadow Heights - 900 W. Avon
- Star City Shores - 27th & Highway 2
- University Place - 2000 N. 48th
- Woods Spraygrounds - 3200 "J"



### Northwest Quadrant

- Arnold Heights Park 5325 W. Superior
- Ashley Heights Park N.W. 46th & W. Leighton
- Belmont 12th & Judson
- Bowling Lake N.W. 48 & W. Cumling
- Eagles View 52nd & West Knight
- Fairbrook N.W. 7th & Aster Rd.
- Government Square 10th & "O"
- Hayward 9th & Military
- Highlands So. W. Harvest
- Highlands So. N.W. Fairway to N.W. 1st
- Iron Horse 7th & "Q"
- Keech 14th & Superior
- Lakeview N.W. 20th & "Q"
- Lintel 21st & Holdrege
- McWilliams 25th & "J"
- Oak Lake 1st & Charleston
- Olympic Heights N.W. 52nd & W. Huntington
- Pentz N. 27th & Potter
- Max E. Roper 10th & Belmont to 3rd & Superior
- Shoemaker Marsh 27th & McKelvie
- Stephen C. Schleich 34th & Ridge Park Rd.
- Trago 22nd & "J"
- West Lincoln N.W. 2nd & West Dawes

### Southeast Quadrant

- Antelope 23rd & "N" to 33rd & Sheridan
- Bishop Heights 30th & Prescott
- Colonial Hills 64th & Pioneers
- Country View 56th & Union
- Cripple Creek Birch Hollow & Beaver Cr. La.
- Eden 45th & Antelope Cr. Rd.
- Edenton South Ashbrook Circle & Stevens Ridge Rd.
- Henry 44th & Prescott
- Holmes 70th & Normal
- Jensen (UND) 84th & Yankee Hill Rd.
- Kontras Colner & Aldrich
- Larson 54th & Woodland
- Phil E. Mendoza Whitehall Lane & Blackstone Rd.
- Neighbor's 30th & "D"
- Pansing 52nd & Van Dom

### Northeast Quadrant

- Ballard 66th & Kearney
- Bethany 66th & Veno
- Boosalis 48th & Fletcher
- Culler Jr. High Lot 54th & "S"
- ECCO 47th & Holdrege
- Fleming Fields 31st & Leighton
- Hartley 31st & "R"
- Havelock 64th & Ballard
- Herbert 81st & Trailridge Rd.
- Idylwild 81st & Apple
- Jaycee-Kahoa 78th & Leighton
- Mahoney 70th & Fremont
- McAdams 44th & "V"
- Mini Park 48th & Adams
- Nevin 32nd & Doane
- Fleming Fields 30th & Leighton
- Rec. Sports Park 32nd & "W"
- Peter Pan 73rd & Douglas
- Sun Rise 67th & Baldwin
- Tyrrell 49th & Garland
- University Place 40th & Adams
- UPCO 98 & Hwy. 6
- Warner Wetlands

- (Ervin) Peterson 20th & Southwood
- Phares 84th & Gyncoaks
- Piedmont 50th & "C"
- Pine Lake Pine Lake & 60th
- Pocras Bradford & Sewell
- (Clare) Porter 27th & Pine Lake
- Roberts 56th & Sumner
- Roose 52nd & Roosa
- Seacrest 70th & "A"
- Stuh 51st & "M"
- Sunburst Sunburst Lane & Washington
- Taylor 63rd & Randolph
- Tierra Briarhurst 27th & Tierra to 37th & Camellian
- Trenchwood 77th & "A"
- Woods 33rd & "J"
- Williamsburg Village 32nd & Raleigh

### Southwest Quadrant

- (Hazel) Abel 18th & "E"
- American Legion 26th & Randolph
- Blacon Coddington & West Van Dom
- Breca 20th & "A"
- Centennial Mall 15th & "K" to "R"
- Coddington 1400 S. Coddington
- Colonel Denmore 6701 South 14th
- Cooper 6th & "D"
- Filbert School House Lane & Clearview
- Irvingdale & Rudge 20th & Van Dom
- Memorial 20th & Marlens
- Marlens 20th & Euclid
- Maple Lodge 27th & South
- Mini Park 19th & "A"
- Near South 1425 Peach
- Peach 3201 South Coddington
- Pioneers 2nd & South
- Sawyer Snell S.W. 1st & "L"
- Schwartzkopf West Folsom & W. "E"
- Seacrest Range 1400 Park Blvd.
- Standing Bear 17th & Harrison
- Stransky 27th & "D"
- Sunken Gardens 9th & Van Dom
- Van Dom 16th & Annette
- Vavrina 1st to 27th & Van Dom
- Wilderness to Sattilo
- Willard & Schroeder Folsom & West "B"

## OPEN SHOOTING

### Rifle/Pistol

Pre-registration not required. Target provided.

September 27-December 6, 6:00-9:00 pm

Ages	Begins	Day	Time	Weeks	Fee
18+	9/27	W	6-9p	11	\$4/45 min

### Air Guns

Pre-registration not required. Targets provided. Children must be supervised by a parent/adult. Oct 11 - Dec 10.

Ages	Begins	Day	Time	Weeks	Fee
8-16	10/22	Su	1-3p	8	\$4/45 min

### Gun Rental Rates

Pellets and BBs will be provided at no charge for rental guns.

Prescision Air Rifles \$3/45 min/person

Air Pistol/Air Rifle (Daisy 977) \$4/45min/person

BB Gun \$2/45 min/person

.22 Rifle/Pistol Renta \$3/45 min

### Group Shooting (BB, Pellet Guns, or .22 Rifles)

Group shooting is available upon request (scout, church, youth groups). We will work around your schedule. Call for information.

8-15 Years BB Gun \$30/2 hr/group

11-16 Years Pellet Gun \$30/2 hr/group

12+ Years .22 Rifle \$30/2 hr/group

## PROGRAMS FOR ADULTS

### Basic Pistol Marksmanship

Participants will learn safe handling of pistols and proper shooting techniques. Equipment provided. An extra \$7 will be charged for student manual.

Ages	Begins	Day	Time	Weeks	Fee
18+	9/7	R	7-9p	5	\$30
18+	10/12	R	7-9p	5	\$30
18+	11/16	R	7-9p	5	\$30

## PROGRAMS FOR YOUTH

### BB Gun Basics

This classes teaches the basic techniques of safe gun handling and shooting. Equipment provided.

Ages	Begins	Day	Time	Weeks	Fee
8-15	9/18	M	6-7:30p	7	\$25
8-15	11/6	M	4:30-6p	7	\$25

### BB Gun Intermediate/Advanced

For those who have taken previous BB Gun of Pellet Gun classes. Participants will learn new shooting positions. Equipment Provided.

Ages	Begins	Day	Time	Weeks	Fee
8-15	9/18	M	4:30-6p	7	\$25
8-15	11/6	M	6-7:30p	7	\$25

### Pellet Gun (Basic)

Basic techniques of safe gun handling and shooting are taught. Equipment provided.

Ages	Begins	Day	Time	Weeks	Fee
10-16	10/3	T	5:30-7p	7	\$25

### BB Gun Tournaments

November 18

January 20

March 17

8 am - 3 pm

\$7/individual

\$9/partner

First time prone shooters matched against other beginners. Youth/Adult partner matches require 20 shots per person with same gun.

Age groups determined according to age on January 1, 2006.

Provide your own coach. A limited number of guns are available upon request. Pre-registration required. Competitors are given choices of shooting times available.

Tournament held at Air Park Recreation Center - 3720 NW 46th St. Call 441-6789 for more information or to register.



## SHOOTING RANGE

**LOCATION ADDRESS:** N. 10th and Military

**PHONE:** (402) 441-6789

**EMAIL:** tholthus@lincoln.ne.gov

# Youth Sports

## NOT THE BIGGEST. . . JUST THE BEST

What does it take to be the  
best in youth sports?

### Leadership

We believe in mature adult referees and adult leadership for youth. Our trained staff is not there just to administer the game but to help children grow in the sport through example, explanation and suggestion.

### Credibility

We have partnered with some of the biggest names in sports to provide quality local programming with a national focus. Partners include:

Hershey Foods Corporation  
Major League Baseball  
National Basketball Association  
National Football League  
National Recreation and Park Association  
Nebraska Women's Lacrosse  
U.S. Olympic Committee  
Women's National Basketball Association

### Accountability

One fee applies to the entire length of the registration period. The fee never increases, no matter when you register. It's only right. Scholarships are available through the Lincoln Cares program for those who are financially challenged and qualify. The safety of children is always our #1 concern. Many of our special game rules reflect that commitment. Any canceled games are rescheduled. We want to play a full season.

### Perspective

We strictly adhere to the "Let 'em Play" principles of youth sports. We don't keep standings or crown champions. Families can experience playing sports for the sheer enjoyment of the game.

### Responsiveness

We are constantly striving to improve our product. New experiences for children are being explored every day. We encourage suggestions.

### Value

Our goal is to keep our programs affordable for all. This is made possible in large part to our community partners and supporters who also believe in our progressive approach and donate to benefit southeast Nebraska's youth.



## PROGRAMS



### NFL Punt, Pass & Kick Competition

The Official Skills Competition of the National Football League

**Ages:** Boys and Girls ages 8-15 years (age as of December 31, 2006)

**Registration:** Thru September 16, 2006

**Date:** Saturday, September 16, 2006

**Site:** Lewis Sports Complex  
233 South 23<sup>rd</sup> Street

#### THE COMPETITION IS FREE!

Walk-up registration begins at 9:30 am. Compete anytime between 10:00 a.m. and noon. This program creates a lively and engaging forum for boys and girls to compete separately against their peers in punting, passing, and kicking skills. Youngsters may advance through competitions at the local, state, regional (Kansas City Chiefs) and national (NFL playoff game) levels.

Pre-registration is recommended although "day of" entries will be accepted. Registration forms are available at all City Recreation Centers, the Athletics Office and online. For more information contact Youth Sports at 441-7892.

### Wrestling

**Ages:** K-3 Grades

**Registration:** Thru October 14, 2006

**Season:** Six Weeks, Tuesdays & Thursdays  
November 7 – December 21

**Practice Location:** Belmont Community Center (1234 Judson)

**Meet Location:** Easterday Recreation Center (6130 Adams)

**Fee:** \$40.00 first child  
\$35.00 each additional child (same family)  
Fee includes program T-shirt/jersey

#### Adult Refs-Adult Supervision

The program is structured to introduce youngsters to the sport of wrestling and provide each wrestler the opportunity to build on strengths and overcome weaknesses. Wrestlers are divided into groups based on age and experience. Each wrestler receives constant instruction and evaluation in order for him/her to reach his/her full potential. For more information contact Youth Sports at 441-7892.

## YOUTH SPORTS

**LOCATION ADDRESS:** 233 S. 23rd Street

**PHONE:** (402) 441-7892

**EMAIL:** jjacox@lincoln.ne.gov



## jr. NBA Boys Basketball

The Official Youth Basketball League of the National Basketball Association

**Grade Divisions:** Grades 2-3 (instructional league)  
Grades 3-4, 5-6, 7-8 (classic leagues)

**Registration:** Thru November 2, 2006

**Season:** Seven Weeks, Saturdays  
December 2, 2006 – January 27, 2007

**Game Locations:** Belmont Community Center (1234 Judson)  
Calvert Community Center (4500 Stockwell)  
A third site may be added should registration warrant.  
\*\* Effort is made for participants to play close to home. \*\*

**Fee:** \$40.00 first child  
\$35.00 east additional child (same family)  
Fee includes program T-shirt No additional jersey fees!

### Adult Refs-Adult Supervision

All games played on Saturday mornings between 8:00 a.m. and 1:00 p.m. Teams will be assigned a coach and a practice time of one (1) hour per week will be selected by the coach.

### Instructional program information

Introduce your 2-3 grade player to basketball in a pressure-free environment. The program consists of one (1) hour weekly Saturday sessions, which include basic instruction as well as scrimmage games. Clinicians will direct training to teach youth the entry level basics of basketball and teamwork. Participants will be placed into groups which will participate in clinic and scrimmage time together. For more information contact Youth Sports at 441-7892.



## 3 on 3 Holiday Hoops

## Holiday Hoops Basketball Festival

**Grade Divisions:** Grades 3-4, 5-6, 7-8  
Separate boys and girls divisions.

**Registration:** Thru December 15, 2006

**Date:** One Day Festival  
Tuesday, December 26, 2006

**Event Location:** Air Park West Recreation Center  
(3720 NW 46<sup>th</sup> Street)

**Fee:** \$10.00 per child  
Fee includes program T-shirt

### Adult Refs-Adult Supervision

Our fourth annual day-long festival of 3-on-3 basketball. The event features round-robin, non-elimination tournaments with special contests and prizes. Grab a couple of friends and spend the day out of school with us. For more information contact Youth Sports at 441-7892.

## Holiday Shots



## Indoor Soccer

## Holiday Shots Indoor Soccer Festival

**Grade Divisions:** Grades 1-2, 3-4, 5-6

**Registration:** Thru December 15, 2006

**Date:** One Day Festival  
Thursday, December 28, 2006

**Event Location:** Air Park West Recreation Center  
(3720 NW 46<sup>th</sup> Street)

**Fee:** \$10.00 per child  
Fee includes program T-shirt

### Adult Refs-Adult Supervision

Our second annual day-long festival of 5-on-5 "futsal" soccer played on basketball courts. The event features round-robin, non-elimination tournaments with special contests and prizes. Grab some friends and spend the day out of school with us. For more information contact Youth Sports at 441-7892.



Looking  
for the  
perfect gift?

Surprise someone  
with a summer  
swim pass!

Individual or Family Passes ranging from  
\$57.00-180.00 for the 2007 pool season

Visit [lincoln.ne.gov](http://lincoln.ne.gov) under ePay services beginning at  
the end of November to purchase a pass.



# Adult Sports

## Basketball

**Ages 18 + and out of high school**

**Men's, Women's, and Church Men's Leagues**

**Registration:** October 2-6, 8:30 am – 4:45 pm

Teams must register in person at the Athletics Office (233 S. 23rd Street).

### Registration Fees:

**Men's** – 10 game guarantee (8 game regular season + double elimination tournament)

**Regular Registration** (teams registering October 2-6):

\$280 / Team

**Late Registration** (teams registering after October 6):

\$300 / Team

**Women's** – 10 game guarantee (8 game regular season + double elimination tournament)

**Regular Registration** (teams registering October 2-6):

\$280 / Team

**Late Registration** (teams registering after October 6):

\$300 / Team

**Church Men's** – 9 game guarantee (7 game regular season + double elimination tournament)

**Regular Registration** (teams registering October 2-6):

\$260 / Team

**Late Registration** (teams registering after October 6):

\$280 / Team

Games will be played Monday through Thursday evenings with game times starting at 6:45 pm. Not all leagues will play on all nights.

League play begins on November 13, 2006.

Call 441-7892 for further information.



## Men's & Women's Volleyball

**Ages 18+ and out of high school**

### Team Registration

Teams may choose a night and class for regular season based on availability. When leagues are filled, a waiting list will be maintained.

Register at the Athletics Office, 233 S. 23rd

### Returning Team Registration

Nov. 14 & 15 Tue/Wed

8:30 am-4:45 pm

### New Team Registration

Nov. 16 & 17 Thu/Fri

8:30 am-4:45 pm

### Registration fee is \$245.00/team

Eight game regular season with a double elimination tournament. Games played Monday through Thursday evenings with game times starting at 6:15 p.m. League play begins on January 8, 2007.

Call 441-7892 for further information.



## ADULT SPORTS

**LOCATION ADDRESS:** 233 S. 23rd Street

**PHONE:** (402) 441-7892

**EMAIL:** [kstiles@lincoln.ne.gov](mailto:kstiles@lincoln.ne.gov) (VB)  
[tlange@lincoln.ne.gov](mailto:tlange@lincoln.ne.gov) (BB)

## CENTER HOURS

Sunday 12 pm - 5 pm  
Monday 8:30 am - 5 pm  
Tuesday 8:30 am - 5 pm  
Wednesday 8:30 am - 5 pm  
Thursday 8:30 am - 5 pm  
Friday 8:30 am - 5 pm  
Saturday 8:30 am - 5 pm  
Closed Thanksgiving, Christmas, and New Year's Day.

## CENTER INFORMATION

Pioneers Park Nature Center, located at the west end of Pioneers Park includes 668 acres of prairie, wetlands, and woodlands and more than eight miles of hiking trails. Two interpretive buildings have small animal and hands-on exhibits. Outdoor animal exhibits include bison, elk, and deer herds, and non-releasable raptors. Electric carts are available for the use of those who experience difficulty walking.

## Gift Shop

The Pioneers Park Nature Center Gift Shop carries a variety of nature-themed resource materials, T-shirts, children's books, puppets, and other items. The Gift Shop is located in the Prairie Building.

## Rent the Malinovskis Auditorium

Rent the Malinovskis Auditorium for overnight nature programs or as a meeting room. Call 441-7895.

## School Programs

Under the guidance of experienced staff, students develop awareness, appreciation, and curiosity about nature. On-site programs are available free of charge to all Lincoln schools but must be booked at least two weeks in advance.



## PIONEERS PARK NATURE CENTER

**LOCATION ADDRESS:** 3201 S. Coddington

(west end of Pioneers Park)

**PHONE:** (402) 441-7895

**EMAIL:** nfulman@lincoln.ne.gov

## Community Outreach Programs

Interactive nature programs on a variety of topics can be presented to adults and/or children in almost any setting. Fees are \$35 per program, plus mileage, and are limited to the Lincoln area.

## Friends of Pioneers Park

### Nature Center

Become a member and help support the development and operation of the Nature Center! Benefits include a quarterly newsletter, special programming, 10% off Nature Center Gift Shop items, and free admission to reciprocating Nature Centers.

## PROGRAMS FOR EVERYONE

### Hayrack Rides

Pioneers Park Nature Center is offering nature-oriented hayrack rides in Pioneers Park again this fall. Available between September 14th and October 21st, you may choose among a variety of options:

### Family Hayracks:

Enjoy a hayrack ride, a campfire with naturalist program, and hot cocoa. \$6/person. Not recommended for children two and under.

#### Available dates:

<b>Friday, September 15</b>	<b>8:30 - 10 pm</b>
<b>Saturday, September 16</b>	<b>6:30 - 8 pm</b>
<b>Friday, September 22</b>	<b>6:30 - 8 pm</b>
<b>Friday, September 22</b>	<b>8:30 - 10 pm</b>
<b>Saturday, September 30</b>	<b>6:30 - 8 pm</b>
<b>Friday, October 6</b>	<b>6:30 - 8 pm</b>
<b>Friday, October 6</b>	<b>8:30 - 10 pm</b>
<b>Friday, October 20</b>	<b>6:30 - 8 pm</b>
<b>Friday, October 20</b>	<b>8:30 - 10 pm</b>

Pre-registration and pre-payment required: form is found on page 25.

### Group Hayracks:

Reserve the whole hayrack for your group. The evening program includes a ride, a campfire with optional naturalist program, and hot cocoa. \$150, 30 person maximum.

### Special Event Hayracks:

Do you have a large group that would enjoy a fun evening program with a nature emphasis? Schedule a hayrack ride with campfire program plus one additional activity \$225, \$25 each additional activity. Special requests considered.

**All group and special event rides require pre-registration and pre-payment. Call 441-7895 for available dates and to register. The hayrack is handicapped accessible.**

## Free Guided Hikes

**Sept - Dec**

**Sat & Sun**

**2:00 pm**

Join a naturalist-guided free walk focusing on seasonal topics along various trails of the Nature Center. No reservations necessary.

However, groups of eight or more are asked to call in advance.

Hikes are held if five or more people are interested. Meet at the Chet Ager Building.

**Sept 2-3: Verley Trail Hike**

**Sept 9-10: Spider Spin**

**Sept 16-17: Martin Prairie Trail Hike**

**Sept 23-24: Harrington Trail Hike**

# Pioneers Park

Sept 30:	Bird Migration
Oct 1:	Bird Migration
Oct 7-8:	Fall Color
Oct 14-15:	Fleming Woods Hike
Oct 21-22:	Animal Homes Hunt
Oct 28-29:	Our 'Spooky' Friends - Owls and Bats
Nov 4-5:	Insects in Winter
Nov 11-12:	Leaf Litter - Who's There?
Nov 18-19:	Turkey Trot
Nov 25-26:	Signs of Winter
Dec 2-3:	Raptors of the Nature Center
Dec 9-10:	Animal Adaptations
Dec 16-17:	Bison - Prepared for the Cold
Dec 23-24:	Winter Solstice

## Wilderness Campfire

Discover what is "Wild" about Wilderness Park. Learn about nocturnal animals as we stroll through the woods listening to the night sounds, meet one of the nature center critters, and end the evening with a campfire sing along, stories, and s'mores.

*Registration deadling 10/4.*

Ages	Begins	Day	Time	Weeks	Fee
All	10/6	F	7-8:30p	1	\$8/person \$16/family



## Nature Center Preschool

*Where Kid's Explore*

September 2006-May 2007

Tuesday/Thursdays or Wednesday/Fridays

Morning Sessions: 9 - 11:30 am

Afternoon Sessions: 12:30 - 2:30 pm

Call 441-7895 for more information

## Bird Banding Demonstrations

This is your opportunity to see up close some of the migratory birds that pass through our area as well as our year round residents. Join a licensed bird bander to watch the banding process and to learn about this nation-wide research project. In case of rain or excessive heat, banding will be cancelled. No registration necessary. Demonstration will be held at Chet Ager Building

Ages	Begins	Day	Time	Weeks	Fee
All	10/7	Sa	9a-12p	1	Free
All	10/14	Sa	9a-12p	1	Free
All	10/21	Sa	9a-12p	1	Free

## Primitive Fire

Would you like to learn how to start a fire with tools forged from the earth with your own hands? Make bow drill tools and learn fire-starting techniques. Must be 10 years or older. Participants under 14 must have adult supervision. **Important: Bring a sharp, large buck or carving knife—a lot of carving is involved.** Youth must have written permission from a parent or guardian. Dress for the weather. *Registration deadline 11/1.*

Ages	Begins	Day	Time	Weeks	Fee
10+	11/4	Sa	12:30-4:30p	1	\$8

## Owl Prowl

Who cooks for you? Learn about owl adaptations as we hike through the night listening for owls, meet one of the Nature Center exhibit owls, and dissect an owl pellet. Come explore the amazing world of nature's silent hunters of the night. *Registration deadline is 11/15.*

Ages	Begins	Day	Time	Weeks	Fee
All	11/17	F	7-8:30p	1	\$8

## Primitive Shelter

Learn to build a natural shelter by actually constructing a debris hut. Light duty gloves recommended, a small rake and tarp useful. Dress for the weather. *Registration deadline is 11/15.*

Ages	Begins	Day	Time	Weeks	Fee
All	11/18	Sa	2-4p	1	\$8

## Primitive Rope Making

Learn rope making as it was done by indigenous cultures. The class will include simple wrap and reverse wrap techniques using natural fibers found in the woods or prairie. *Registration deadline is 11/29.*

Ages	Begins	Day	Time	Weeks	Fee
All	12/2	Sa	9-11a	1	\$6

## Off-site Adult Programming

Nature Center teachers/naturalists can bring a variety of programs to your group. Choose among slide shows on birds or the prairie, informational programs on backyard bird feeding, patio herb gardening, or featuring one of the Nature Center's live animals. The fee for each presentation is \$35. **Call 441-7895 for more information or to schedule a program.**

**Visit our website at [lincoln.ne.gov](http://lincoln.ne.gov)  
keyword: nature, for more information  
on our Center and programs**



## PROGRAMS FOR YOUTH

### Mommy and Me: The ABC's of Nature

NEW! A is for ant and B is for butterfly! Have fun exploring the wonders of nature with your toddler through hikes, games and crafts. Nature-related stories and activities will be selected to highlight numbers, colors, shapes and the alphabet. Kids will make their own ABC book of nature. A snack will be provided.

Class size is limited so please register early. Registration deadline: September 20. Children must be accompanied by an adult. Class will be held in the Prairie Building Preschool Room

Ages	Begins	Day	Time	Weeks	Fee
2 1/2 - 3 1/2	9/25	M	10-11:30a	8	\$50

### Winter Survival Camp

A two day nature camp for 1st-5th graders. Investigate the ways animals and humans survive the cold. Build a debris hut, track animals, and investigate animal adaptations to winter. Read nature's weather signs. Perform experiments using crime scene investigations tools.

Ages	Begins	Day	Time	Weeks	Fee
Grades 1-5	1/22	MT	9a-4p	1	\$50

\$5 early registration discount before January 1

Call 441-7895 for more information and an application

Extended hours available.

### Add Some Nature to Your Birthday!

Treat your child to a special birthday at the Nature Center. An hour nature program, including a hike and indoor animal time, is followed by 45 minutes in the building for your birthday activities. We provide space and a birthday favor for each child, and you provide refreshments. Themes include Insect Insights, Reptiles for Fun, or Birds that Whoo Who. \$5/child up to 15 children with a \$50 minimum. **Call 441-7895 for reservations at least two weeks in advance.**

## PROGRAMS FOR SCOUTS

### Free Hikes

One hour naturalist-led hikes are offered for scouts each Saturday morning at 10:00 am. Call to register at least two weeks in advance. First come, first served.

### Badgework

Nature Center programming will help your group complete a badge in one morning or afternoon. Programs will rotate. \$6/scout, leaders free.

### Forester for Webelos

Trees are an important part of our lives. With the help of Nature Center staff complete the Webelo Forester Activity Badge fulfilling requirements 2, 3, 4, 6, and 9. Activities will be held in the Prairie Building. *Registration deadline is 10/4. \*Leaders free*

Ages	Begins	Day	Time	Weeks	Fee
Webelos	10/7	Sa	9a-12p	1	\$6*

### Earth Connection Badge for Junior Girl Scouts

Be an ecologist! With the help of Nature Center staff complete activities 1, 3, 4, 6, 7, 8, and 9. Activities will be held in the Prairie Building. *Registration deadline is 11/15. \*Leaders free*

Ages	Begins	Day	Time	Weeks	Fee
Juniors	11/18	Sa	9a-12p	1	\$6*



**Spooktacular**

Find out if it's  
**Truth  
or Tale**

**Live Animals**

Skits with costumed characters along  
the Spooktacular Trail

Campfire with singalong (weather  
permitting)

Popcorn and cider

**Thursday, Friday, and Saturday**  
**October 26, 27, and 28**  
**6:45 - 8 pm starting times**

**\$5.00/person, children 3 and under free**  
**Pre-registration and pre-payment required**

**Call 441-7895**

### Earth and Sky Try-It for Brownie Scouts

What do you see every day? The earth and sky! Let's dig and investigate the earth and experiment with the sun's light. With the help of Nature Center staff complete activities 1, 2, 3, and 5. Activities will be held in the Prairie Building. *Registration deadline is 10/11. \*Leaders free*

Ages	Begins	Day	Time	Weeks	Fee
Brownies	10/14	Sa	9a-12p	1	\$6*





# Pioneers Park/Americorps/Hyde

## Pioneers Park Nature Center Program Registration Form (Fall/Winter 2006)

**Registration:** Many Nature Center programs require advance reservations—All reservations are on a first-come, first-served basis. Telephone registrations by credit card only (charge must be at least \$10). Participants will receive confirmation of registration.

**Deadline:** Unless noted otherwise, registration deadline is three days prior to the start of the program.

**Refunds:** Refund requests must be made 72 hours prior to the program date and are subject to a \$5.00 service charge.

**Cancellations:** PPNC reserves the right to cancel classes due to conditions beyond its control. Participants will be notified prior to the program; they may choose to obtain a full refund or sign up for another available program.

### Pioneers Park Nature Center

Date	Class/Time	Fee	# Registering
<b>Specially for Scouts</b>			
Oct 7	Forester (Webelos)	\$6/scout	_____
Oct 14	Earth and Sky (Brownies)	\$6/scout	_____
Nov 18	Earth Connections (Junior GS)	\$6/scout	_____

#### Family Hayrack Rides

Sept 15	8:30	\$6/person	_____
Sept 16	6:30	\$6/person	_____
Sept 22	6:30	\$6/person	_____
Sept 22	8:30	\$6/person	_____
Sept 30	6:30	\$6/person	_____
Oct 6	6:30	\$6/person	_____
Oct 6	8:30	\$6/person	_____
Oct 20	6:30	\$6/person	_____
Oct 20	8:30	\$6/person	_____

#### Classes

Sept 25	Mommy and Me	\$50/child	_____
Oct 6	Wilderness Campfire	\$8-16/family	_____
Nov 4	Primitive Fire	\$8/person	_____
Nov 17	Owl Prowl	\$8/person	_____
Nov 18	Primitive Shelter	\$6/person	_____
Dec 2	Primitive Rope Making	\$6/person	_____

Name(s) \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Payment ☐ Check (make payable to Lincoln Parks & Recreation)  
☐ Credit Card (total must be \$10 or more)

Visa or Mastercard \_\_\_\_\_  
 (circle one) Card Number Exp. Date

Signature \_\_\_\_\_

**Total Fees Enclosed** \_\_\_\_\_

For More Information Call 441-7895



## AMERICORPS MEMBERS NEEDED! Employment Opportunity and Career Experience

### Star City Treasures AmeriCorps Project

Lincoln Parks and Recreation is looking for AmeriCorps Members to serve at recreation sites, Cultural Centers, and other community partner sites. Members will provide direct service to low-income children and youth K-12. Services will focus on literacy, homework assistance, nutrition and recreation. Members will work with a diverse population and do outreach to the families in order to reach the children. We will also provide support to children of incarcerated individuals and expanding our oral history project.

**Benefits:** An opportunity to become part of a team providing National Service in your community! Monthly living allowance for qualified positions paid out bi-weekly. Membership development training and community resources training. Education Award upon completion of hours.

**Qualifications:** Willing to work with diverse populations in a create environment. Must have an interest in working with youth and families. Must make a commitment to complete the required number of hours by August 31, 2007.

### Positions Available:

**19 Full-Time:** 1700 hours doing program development and direct service.

**Living allowance:** \$10,600. Education Award: \$4725.

**10 Minimum Time:** 300 hours doing program development

**Living Allowance:** \$1875. Education Award: \$1000.

**10 Minimum Time Student:** 300 hours for juniors and seniors in high school. Provide direct service to children.

**Education Award:** \$1000.

For more details contact Deb Buckman at 441-4907 or [dbuckman@lincoln.ne.gov](mailto:dbuckman@lincoln.ne.gov)



### Open Saturdays

Sept - Oct, Sunset - 11 pm

Nov - Dec, 7 - 10 pm

**Free**

Volunteer astromers offer programs and assist visitors as they observe the sky through three powerful telescopes.

Group visits of 20 or more may be arranged with two weeks notice.

Hyde Observatory

Call 441-7895 for more information or visit [www.hydeobservatory.info](http://www.hydeobservatory.info)

# LINCOLN CITY GOLF COURSES



## HIGHLANDS GOLF COURSE

5501 NW 12th Street  
441-6081  
Par 72



## HOLMES GOLF COURSE

3701 S. 70th Street  
441-8960  
Par 72



## MAHONEY GOLF COURSE

7900 Adams Street  
441-8966  
Par 70



## PIONEERS PARK GOLF COURSE

3403 West Van Dorn Avenue  
441-8966  
Par 71



## JIM AGER MEMORIAL JR. GOLF COURSE

3761 Normal Boulevard  
441-8963  
Par 27



- Pristine Course Conditions
- Available Tee Times
- Scenic Views
- Banquet Facilities
- Tournaments
- Lessons and Fittings
- PGA Professionals
- Family Atmosphere

Visit [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: **Golf**

Get Fit!  
Have Fun!  
Make Friends!

# WOODS TENNIS CENTER



6 Courts Inside  
9 Courts Outside

Tennis can be played by any  
player from 4 to 84!

Lessons for all levels and  
all ages! Leagues during  
the day and evening.

Everyone Welcome!

401 S. 33rd Street

441-7095

[www.LincolnTennis.com](http://www.LincolnTennis.com)

# Adult Day Structure/Veteran's Garden



## ADULT DAY STRUCTURE PROGRAMS

### Easterday Recreation Center

Where "Family" takes on a whole new meaning

**The Day Structure 1 program is offered for adults with mental health issues.**

**The Day Structure 2 program is available for adults with medical/physical challenges.**

Our programs are held in a supportive, caring environment, with trained and experienced staff, kind and caring volunteers, and community specialists leading groups and special programs. Clients are encouraged to set personal goals and participate in a broad spectrum of programs. Acquire new skills, increase independence, get involved in new areas of interest, make friends, increase fitness levels, build leadership skills, and explore the community are just a few of the goals clients may work to accomplish.

A few of our Program Offerings include: Exercise & Physical Activities, Arts & Crafts, Gardening, Theatre/Drama, Nutrition & Cooking, Leisure Education, Life Skills, Special Events/Holiday Parties, Community Outings, and much, much more!

For more information on Easterday Recreation Center see page 11.

**Easterday Recreation Center**

**6130 Adams Street**

**441-7901**



**Monday, September 11, 2:00 pm**

#### **Patriot Day**

This is an annual Garden event held to observe the anniversary of the terrorist attacks on America. The program is open to the public and features a keynote speaker, patriotic singing, a pipe and drum corps, prayers and TAPS. The Liberty Bell is rung. (Auld Center if inclement weather).

**Saturday, November 11, 11:00 am**

#### **Veteran's Day**

Program in Veteran's Garden with presentation of colors, speaker, patriotic songs, bag pipe medley and TAPS. The Liberty Bell is rung. (Auld Center if inclement weather).

**Thursday, December 7, 11:55 am**

#### **Pearl Harbor Remembrance Day**

Program in the Garden with a speaker, TAPS, Liberty Bell, and possible indoor display of Pearl Harbor memorabilia. (Antelope Park Shelter if inclement weather).

## Veteran's Memorial Garden *in Antelope Park*

A visit to this site in Lincoln's historic Antelope Park will take you on a walking tour of 17 Military Memorial Monuments. The garden is a place of solemn beauty, allowing peaceful reflection for those who want to honor America's veterans. It serves as a permanent reminder of the sacrifices they have made to preserve our Freedom. The Veteran's Memorial Garden is located within Antelope Park at Veteran's and Memorial Drives and is maintained by the Lincoln Parks and Recreation Department in partnership with the Veteran's Memorial Garden Advisory Council. The Veteran's Memorial Garden Advisory Council is a group of volunteer mayoral appointed members, both Veterans and non-Veterans. Together these groups are committed to create a place and promote events to honor all Veterans, soldiers and their families, past and present.



The facilities features a computer lab, pool tables, foosball, video game systems, board games, lounge areas, vending machines



During the 2005-2006 school year Park Teen Center averaged over 450 visitors a day!

Park Teen Center is located in the renovated basement of Park Middle School (855 S. 8th Street)



## Park Teen Center

Programs include open drop in hours, before school study time, class use, recreational leagues, summer/school break programs, tutoring, and more (see page 15 for details on specific programs this year)

"This place is cool and funky"  
- Makayla Ross



The goals of Park Teen Center include addressing the unique interests and needs of young adolescents, provide youth-directed programming, and support the acquisition of developmental assets.



# Developmental Assets

## WHAT KIDS NEED ... THE DEVELOPMENTAL ASSET APPROACH

### What are Developmental Assets?

- 40 positive experiences, opportunities, and personal qualities that children and adolescents need to become responsible, successful, and caring adults.
- A common core of necessary developmental building blocks that seem to be constant across gender, economic, racial and ethnic boundaries, and throughout all geographic areas studied.

### What Do Assets Do?

- Nourish, nurture and protect children as they mature and become independent.
- Help young people make wise decisions, choose positive paths, and grow up competent, caring, and responsible.
- Exhibit tremendous power to protect youth from many different harmful and unhealthy choices (High Risk Behavior Patterns)
- Having more assets increases the chance that young people will have "thriving" attitudes and behaviors.
- The Search Institute has found that the average young person has just 18.6 of the 40 assets and they need to have 31 (or more).

### Where Do Assets Come From?

- External Assets come from outside the children, from all of us ... family, community and institutions
- Internal Assets can't be dictated or forced to develop, opportunities must provide for them to be acquired/internalized.
- Everyone in the community can be an Asset Builder. It happens by building relationships and being "intentional" about nurturing positive values and commitments as we spend time with children.

### What is the Parks and Recreation Department Doing?

- Our goal is to help children acquire as many of the assets as possible.
- We recognize the responsibility we have to positively influence children in our programs, and are intentional in our efforts to maximize every opportunity.
- Recreation supervisors, trained by the Search Institute through a Community Outreach Foundation grant, offer professional development to our front line staff that infuses seamless asset development into our program planning and daily interaction with over 1,300 children.
- We work with parents, schools and other youth serving agencies to provide asset rich social, active, academic, creative and civic opportunities.
- Recreation staff are prepared to provide information and training opportunities for agencies, community groups and parents to ensure that Lincoln's future generations grow up healthy, caring and responsible.

### How are the 40 Developmental Assets Categorized?

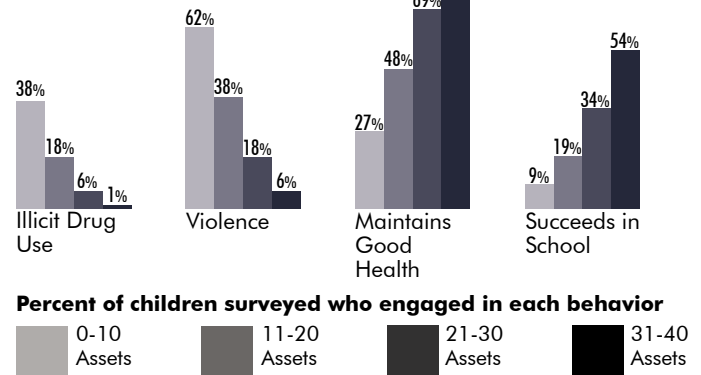
- Research indicates that the 40 Assets grow in complexity as a child moves from Infants and Toddlers to Preschooler, to Elementary age, and into their Teenager years but the general areas remain equally important over the course of the child's development.
- External Assets: Support ... being cared for, Empowerment ... knowing they are valued, Boundaries and expectations ... limits that are clear and enforced, Constructive use of time ... structured, quality time to grow
- Internal Assets: Commitment to learning ... lifelong learning, Positive values that guide choices, Social competencies ... ability to interact with the world around them, Positive identity ... a sense of power, purpose, worth, and promise

### How Do We Know About Developmental Assets?

- Identified by the Search Institute, a research based, youth development, training and resource organization in Minneapolis, MN.
- Theoretical framework developed as the result of the Search Institute's analysis of scientific findings and survey data collected from more than two million children over a 45 year period.

For more information on the 40 Developmental Assets contact the Parks and Recreation Department at 441-8261.

## The Power of Developmental Assets



Percent of children surveyed who engaged in each behavior

The more assets a young person has, the less likely they are to be involved in a wide range of risky behaviors, and the more likely they are to engage in positive behaviors. (Based on Search Institute research of youth in grades 6-12 in public and alternative schools.)

## 40 Assets Elementary Children (ages 6-11) Need to Succeed

### EXTERNAL

#### Support

- 1 Family life provides love and support.
- 2 Family communication is positive and open.
- 3 Child receives support from other adults.
- 4 Child experiences caring neighbors.
- 5 School provides a caring climate
- 6 Parent(s) is involved in child's schooling.

#### Empowerment

- 7 Community values children.
- 8 Children have useful roles.
- 9 Children and families serve others.
- 10 Home, school and neighborhood are safe.

#### Boundaries & Expectations

- 11 Family sets clear rules and consequences.
- 12 School sets clear rules and consequences.
- 13 Neighbors monitor the child's behavior.
- 14 Adults model responsible behavior.
- 15 Child's friends model responsible behavior.
- 16 Parents and children have realistically high expectations.

#### Constructive Use of Time

- 17 Child participates in creative activity
- 18 Child participates in school and community programs.
- 19 Family participates in religious community.
- 20 Child spends most evenings and weekends at home.

### INTERNAL

#### Commitment to Learning

- 21 Child is motivated to do well in school.
- 22 Child is attentive and engaged in learning.
- 23 Child does homework when assigned.
- 24 Child cares about his or her school.
- 25 Child reads alone and with adults.

#### Empowerment

- 26 Child cares about others.
- 27 Child begins to value equality/social justice.
- 28 Child begins to act with integrity.
- 29 Child values honesty.
- 30 Child accepts appropriate responsibility.
- 31 Child begins to value good health habits.

#### Social Consequences

- 32 Child develops simple planning and decision making skills.
- 33 Child interacts well with children and adults.
- 34 Child is comfortable with people from difference cultures.
- 35 Child learns how to resist negative pressure from others.
- 36 Child attempts to solve conflict non-violently.

#### Positive Identity

- 37 Child feels he or she has some control over things that happen
- 38 Child has high self-esteem.
- 39 Child has a sense of purpose.
- 40 Child is optimistic about their future.

# **A Message from the Director**

## **A Message from Lynn Johnson, Parks and Recreation Director**

## **Parks and Recreation Department By the Numbers**

Autumn is a wonderful time to enjoy Lincoln's parks and recreation programs and facilities. We invite you to:

- Take a walk in Sunken Gardens during September when the display gardens are at their peak. Come back the first Saturday in November to help "put the gardens to bed."
- Take a dance class at a recreation center.
- Enroll in a martial arts class at 'F' Street Community Center.
- Enjoy a round of golf – Lincoln's courses are in great condition.
- Take a hayrack ride at Pioneers Park.
- Pick up a trails map and explore a new section of Lincoln's extensive trail system – there are 100 miles to explore!
- Take a walk in Wilderness Park as the leaves change into their fall colors.
- Explore the stars on a Saturday evening at Hyde Observatory in Holmes Park.
- Visit the Veteran's Memorial Garden in Antelope Park on Veteran's Day.
- Host a birthday party at the Ager PlayCenter.
- Learn a new hobby – ceramics, bonsai, ballroom dancing, digital photography.
- Sign-up for basketball or volleyball league.
- Walk or jog on an indoor track.
- Take a guided hike with a naturalist at the Pioneers Park Nature Center.
- Find your favorite swing or slide – there are 84 outdoor playgrounds.

We encourage everyone to get out and get active. Enjoy!



**General Revenue Operating Budget**  
\$11.6 million

**Revenue from User Fees**  
\$2.1 million

**Golf Fund Budget**  
\$2.5 million

**Estimated visits to Trails**  
954,419

**Participants in Before and After School and  
Summer Day Camp Recreation Programs**  
475,281

**Visits to Public Pools**  
259,169

**Rounds of Golf Played**  
202,249

**Participants in Programs at Pioneers Park  
Nature Center**  
28,266

**Participants in Adult Sports Programs**  
12,884

**Street Trees Trimmed**  
9,246

**Acres of Parkland**  
6,114

**Participants in Youth Sports Programs**  
1,709

**Number of Picnic Shelter Rentals**  
903

**Number of Weddings in Parks**  
212

**Number of Parks**  
116

**Ratio of Parkland to City Land Area**  
11.1% (national average is 8.8%)

\* Information for Fiscal Year 2004-05



LINCOLN PARKS  
FOUNDATION

We love our parks.



The Lincoln Parks Foundation is a 501(c)3 non-profit organization dedicated to supporting, improving and expanding Lincoln's parks, recreation programs and green spaces. We work to fill the gap between what needs to be done and what our budget-challenged city Parks & Rec Department can do.

Our most recent successes include:

- Sunken Gardens Renovation
- Secured 228 acres of natural grasslands at Pioneers Park.

Learn more about the Foundation and how you can get involved by visiting [www.lincolnparks.org](http://www.lincolnparks.org) or calling 441-8258

## Adopt·A·Trail

This is a program providing opportunities for community volunteers to assist us by monitoring and maintaining trails and parks.

Volunteers are responsible for:

- Trash pick-up two times per month
- Reporting any vandalism

Many parks and trail segments are available in every part of the city.

Want to get involved or find out what's available near you?

Contact Anna Seckman at 441-8252  
or [aseckman@lincoln.ne.gov](mailto:aseckman@lincoln.ne.gov)



## Adopt·A·Park





ANTELOPE PARK  
ROSE GARDEN  
RENOVATION

Located near 27th Street and Capitol Parkway, the historic Antelope Park Rose Garden sits in the middle of the City, across from the newly-renovated Sunken Gardens. We now have the opportunity to restore and modernize Lincoln's only municipal Rose Garden.

The campaign is being led by the Lincoln Rose Society working closely with the Lincoln Parks and Recreation Department and Lincoln Parks Foundation. Together they hope to raise \$350,000 to replenish the failing garden and create two gardens: a formal display garden of cutting roses and an informal strolling garden of hardy landscape roses. You can help support the renovation while honoring a friend or a loved one.

### Fountain Bricks

You are invited to purchase an inscribed fountain brick to support the renovation of Lincoln's only municipal rose garden. Commemorate a birth, death, wedding, retirement or anniversary, or honor a special friend or family member while helping rebuild the garden.

Borders of the center knot garden surrounding the new bronze cherub fountain will be lined with these bricks. There are a limited number of bricks available.

Standard Brick (5.5" x 8")	\$200
Super Brick (8"x11")	\$500

### Bed of Roses

Ninety brilliant varieties of roses will be planted in distinct beds which are available for sponsoring. Each sponsored bed will be identified by an exquisite bronze plaque with the donor's choice of wording.

Bed of Roses	\$1500
--------------	--------

For more information or to download an order form, visit [lincolnparks.org](http://lincolnparks.org) or call the Lincoln Parks Foundation at 441-8258



Since 2003, your donations to Lincoln Cares funded the following projects and programs which enhance the quality of life in our community.

## Look What \$1 Can Do for Lincoln

Please consider adding \$1 each month to your LES bill payment for Lincoln Cares—you will help beautify and strengthen our community for everyone.

## Thanks for Caring, Lincoln!

2740 "A" Street  
Lincoln, NE 68502  
402-441-8264  
[lincoln.ne.gov](http://lincoln.ne.gov) (keyword: cares)

Our corporate sponsors:



Green Team Youth  
Employment Program

Park Teen Center

Liberty Bell

War and Victory  
Restoration

Jamaica North Trail Bridge

Sunken Gardens  
Renovation

Air Conditioning at  
Ager Play Center

Prairieland Purchase  
at Pioneers Park

